

Primitive Reflex Quiz

Mark the symptoms that are present with a 1 for mild and 2 for strong. 3 or more in one area means the exercise should be done daily for 6 weeks.

Group 1 The Moro Reflex: Extra Sensitive

- Car sickness, poor balance and coordination
- Poor stamina, tires easily
- Doesn't maintain eye contact
- Sensitive to light
- Sensitive to sound
- Allergies
- Adverse reaction to drugs
- Hypoglycemia, reacts to sugar or hyperactive when hungry
- Dislike of change
- Test anxiety or nervousness
- Mood swings
- Poor math sense
- Weak immune system
- Shy in social situations
- Hyperactivity followed by fatigue
- Difficulty accepting criticism
- Excessive blinking

Group 1 Exercise: Starfish

Group 2 Tonic Labyrinthine Reflex: Late

- Poor posture
- Weak muscles
- Poor balance
- Unable to cross eyes easily, or it hurts when crossing
- Spatial problems-bumps into things, stands too close
- Poor sequencing- telling stories, counting organizing
- Poor sense of time, unable to tell time or read analog clock
- Slow copying from board/book
- Skips or repeats lines
- Finger for tracking
- Falls frequently
- Poor at puzzles

Group 2 Exercise: Astronaut

Group 3 Spinal Galant: ADD/Memory

- Fidgeting
- Bedwetting
- Poor concentration or attention
- Poor working memory
- Very sensitive to several senses: visual, hearing, touch, smell, taste
- Difficulty reading
- Auditory processing disorder

Group 3 Exercise: Snow Angel

Group 4 Asymmetrical Tonic Neck Reflex: Dyslexia

- Unable to cross eyes easily or hurts
- Eyes jump over words or lines or repeats lines when reading
- Poor balance
- Right-left confusion
- Mixes up "d" and "b" and other letters and numbers after 2nd grade
- Difficulty skipping or marching
- Difficulty crossing midline
- Difficulty copying
- Poor handwriting
- Poor expression of ideas on paper
- Mixed dominance: hand, foot, eyes, ears

Group 4 Exercise: Lizard

Group 5 Symmetrical Tonic Neck Reflex

- Poor posture
- Walk slumped over
- Sits in "W" position
- Poor eye-hand coordination
- Messy eater
- Unable to cross eyes easily or hurts when crossing
- Slow with copying tasks
- Poor attention skills
- Difficulty learning to swim
- Skips lines when reading

Group 5 Exercise: Tiger/Cat Stretch

Group 6 Palmer Reflex

- Poor handwriting
- Poor manual dexterity
- Lack of "pincer grip"
- Speech and articulation issues
- Palm may be hypersensitive to touch
- Makes mouth movements when writing or drawing

Group 6 Exercise: Finger Exercise

Vision Screening: You will need to do this with a partner.

1. **Concentration** - Number of seconds before breaking eye contact. You should be able to hold for 30 seconds.
2. **Peripheral Vision** - Take a sheet of paper and place an X in the center. Now take a pencil and move in from the right, left, up, and down. Place a dot on the paper when they see the pencil. They should see it before you reach the paper.
3. **Tracking** - Sitting across from your partner with a pencil 12 inches from their nose, move it right to left, up to down, in a circle, and diagonally. Notice if the eyes are jerking. Do 3 times.
4. **Convergence** - Sitting across from your partner with the pencil 12 inches from their nose, slowly move it closer to the nose and slowly move it away. Notice if the eyes are crossing smoothly or if they are strained, fatigued, blinking, or watering. Do 3 times.

Simple Eye Exercises

1. You will need to do this with a partner. For one minute track a small target, such as a pencil. Track with your eyes, not with your head. Start 12” away and make a circle, then a diagonal, then spiral inwards, making the circle smaller and closer until it is four inches away from the eyes and four inches across. Stop if your eyes hurt. Complete five times or until eyes hurt. Do this exercise daily. Tracking and convergence will improve within weeks.
2. The www.eyecanlearn.com website is free. It has visual processing, visual memory, tracking, and perception exercises. Do the exercises for 5-10 minutes, 5 days a week, for 8-12 weeks.
3. EyeQ™ Advantage is an excellent program for visual processing and for increasing reading speed and reading comprehension. It may be purchased at www.eyeqadvantage.com or through www.equippingminds.com.

Balance Screening

Evaluation: With hands at side, raise leg 8 inches off the ground.

Stand on one leg for 10 seconds.	Right _____	Left _____
Repeat with eyes closed for 10 seconds.	Right _____	Left _____

Poor left balance = poor right hemisphere (creativity)
 Poor right balance = poor left hemisphere (language)
 Good left balance = good right hemisphere = good creativity
 Good right balance = good left hemisphere = good language

Suggestions: An anti-motion sickness medication can be beneficial for visual processing and balance. Meclizine is available over the counter and on Amazon. The generic brand is Rugby Travel Sickness. Consult your doctor or pharmacist before taking, and begin with ¼ tablet in the morning and afternoon. You can gradually increase to 1-2 tablets in the morning and afternoon. If you have an allergy to red dye, you will need the white tablet rather than the pink, chewable tablet. If you have negative side effects, discontinue using. This can be a vestibular/inner ear imbalance. Additional information is provided at www.dyslexiaonline.com.

Dominance Screening

Writing Hand	Right _____
	Left _____
Kicking Leg	Right _____
	Left _____
Eye of choice when looking through a scope	Right _____
	Left _____
Ear of choice when on the phone/listening at a door	Right _____
	Left _____

Ear Exercises

Sounds heard through the right ear pass directly to the language center in the brain. Therefore, it is important to train the right ear to be dominant. If you are left-ear dominant, there can be a delay when hearing information. Left ear dominance, tinnitus, hearing loss, auditory processing disorder, and insomnia may be treated. The most effective method to use is sound therapy, which is available through Equipping Minds. You may read more about the benefits of sound therapy at www.soundtherapysynergy.com.

You may also use a phonics phone when reading and learning a second language to hear the sounds clearly. You should hold it to the right ear. However, this is only a temporary solution. You may order from www.candlfoundation.com.

Learning Screening

Please rate yourself on each of the symptoms listed below using the following scale. You may contact Carol Brown if you have any questions at info@equippingminds.com.

0-Never 1-Rarely 2-Occasionally 3-Frequently 4-Very Frequently

Reading

- _____ 1. I am a poor reader.
- _____ 2. I do not like reading.
- _____ 3. I make mistakes when reading, such as skipping words or lines.
- _____ 4. I read the same line twice.
- _____ 5. I have problems remembering what I read.
- _____ 6. I reverse letters when I read (such as b/d, p/q).
- _____ 7. I switch letters in words when reading (such as god and dog).
- _____ 8. My eyes hurt or water when I read.
- _____ 9. Words tend to blur when I read.
- _____ 10. Words tend to move around the pages when I read.
- _____ 11. When reading, I have difficulty understanding the main idea.
- _____ 12. When reading, I have difficulty identifying important details.
- _____ 13. When reading words, the letters shift, move, or run together.
- _____ 14. I feel tense, tired, sleepy, or even get headaches when reading.
- _____ 15. I have difficulty reading words that are on white or glossy paper.

Writing

- _____ 1. I have “messy” handwriting.
- _____ 2. My work tends to be messy.
- _____ 3. I prefer to print rather than to write in cursive.
- _____ 4. My letters run into each other, or there is no space between words.
- _____ 5. I have trouble staying within lines.
- _____ 6. I have problems with grammar or punctuation.

- _____ 7. I am a poor speller.
- _____ 8. I have trouble copying off the board or from a page in a book.
- _____ 9. I have trouble getting thoughts from my brain to the paper.
- _____ 10. I can tell a story but cannot write it.

Body Awareness/Spatial Relationships

- _____ 1. I have trouble with knowing my left from my right.
- _____ 2. I have trouble keeping things within columns or coloring within lines.
- _____ 3. I tend to be clumsy/uncoordinated.
- _____ 4. I have difficulty with eye/hand coordination.
- _____ 5. I have difficulty with concepts such as up, down, over, or under.
- _____ 6. I tend to bump into things when walking.

Oral Expressive Language

- _____ 1. I have difficulty expressing myself in words.
- _____ 2. I have trouble finding the right word to say in conversations.
- _____ 3. I have trouble talking around a subject or getting to the point in conversation.

Receptive Language

- _____ 1. I have trouble keeping up/understanding what is being said in conversations.
- _____ 2. I tend to misunderstand people and give the wrong answers.
- _____ 3. I have trouble understanding directions people tell me.
- _____ 4. I have trouble telling the direction a sound is coming from.
- _____ 5. I have trouble filtering out background noises.

Math

- _____ 1. I am poor at basic math skills for my age (adding, subtracting, multiplying).
- _____ 2. I make “careless mistakes” in math.
- _____ 3. I tend to switch numbers around.
- _____ 4. I have difficulty with word problems.

Sequencing

- _____ 1. I have trouble getting everything in the right order when I speak.
- _____ 2. I have trouble telling time.
- _____ 3. I have trouble using the alphabet in order.
- _____ 4. I have trouble saying the months of the year in order.

Abstraction

- _____ 1. I have trouble understanding jokes people tell me.
- _____ 2. I tend to take things too literally.

Organization

- _____ 1. My notebook/paperwork is messy or disorganized.
- _____ 2. My room is messy.
- _____ 3. I tend to shove everything into my backpack, desk, or closet.
- _____ 4. I have multiple piles around my room.
- _____ 5. I have trouble planning my time.
- _____ 6. I am frequently late or in a hurry.
- _____ 7. I often do not write down assignments and forget what to do.

Memory

- _____ 1. I have trouble with my memory.
- _____ 2. I remember things from long ago but not recent events.

- _____ 3. It is hard for me to memorize things for school or work.
- _____ 4. I know something one day but do not remember it the next day.
- _____ 5. I forget what I am going to say right in the middle of saying it.
- _____ 6. I have trouble following directions that have more than one or two steps.

Social Skills

- _____ 1. I have few or no friends.
- _____ 2. I have trouble reading body language or facial expressions of others.
- _____ 3. My feelings are often or easily hurt.
- _____ 4. I tend to get into trouble with friends, teachers, parents, or bosses.
- _____ 5. I feel uncomfortable around people whom I do not know well.
- _____ 6. I am teased by others.
- _____ 7. Friends do not call and ask me to do things with them.
- _____ 8. I do not get together with others outside of school or work.

Sensory Integration

- _____ 1. I seem to be more sensitive to the environment than others.
- _____ 2. I am more sensitive to noise than others.
- _____ 3. I am particularly sensitive to touch or very sensitive to certain clothing/tags.
- _____ 4. I have an unusual sensitivity to certain smells.
- _____ 5. I have an unusual sensitivity to light, bothered by glare and sunlight.
- _____ 6. I am sensitive to movement or crave spinning activities.
- _____ 7. I tend to be clumsy or accident-prone.
- _____ 8. I become tired/have headaches/difficulty focusing under florescent lights.
- _____ 9. I have problems judging distance on stairs, ball sports, or driving.

Adapted from Dr. Daniel Amen, Amen Clinics